

That which is claimed:

1. An assembly for a sliding panel comprising:
 - (a) a housing, wherein said housing comprises a chamber having a first end and a second end, such that the first end is shaped for insertion into a sliding panel and the second end comprises an aperture, and wherein the housing further comprises at least one guide for positioning the housing in a sliding panel; and
 - (b) an insert that fits into the aperture on the second end of the housing to extend beyond the surface of the housing.

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2. The assembly of claim 1, wherein the sliding panel comprises a window.
3. The assembly of claim 1, wherein the sliding panel comprises a door.
- 15 4. The assembly of claim 1, wherein the first end of the housing is positioned at a preset distance from the second end of the housing such that when the housing is inserted into the sliding panel, the first end of the housing abuts at least a portion of the sliding panel.
- 20 5. The assembly of claim 1, wherein the positioning guide extends from an external surface of the housing to abut a portion of the sliding panel.

6. The assembly of claim 1, wherein the housing chamber is at least partly cylindrical in shape.

7. The assembly of claim 6, wherein the chamber comprises a cylinder having at 5 least one planar surface.

8. The assembly of claim 6, wherein the positioning guide comprises a flat planar extension positioned around the outer circumference of the aperture on the second end of the housing.

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9. The assembly of claim 8, wherein the planar extension comprises a lip that extends perpendicular to the length of the aperture.

10. The assembly of claim 6, wherein the positioning guide comprises a surface that 15 is substantially concentric with the body of the housing and that exerts an outward force from the housing to impinge on at least a portion of the sliding panel.

11. The assembly of claim 10, further comprising a plurality of positioning guides spaced around the outer surface of the housing unit.

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12. The assembly of claim 11, wherein the positioning guides comprise ridges such that once the housing is inserted in the sliding panel, the ridges engage the sliding panel to prevent the housing from being removed from the panel.

13. The assembly of claim 1, wherein the housing chamber is at least partly rectangular in shape.

5 14. The assembly of claim 13, wherein the positioning guide comprises at least one flat planar extension that is positioned on the first end of the housing and that extends perpendicular to the length of the aperture in the housing.

10 15. The assembly of claim 14, wherein the flat planar extension comprises an aperture for insertion of a fastening element.

16. The assembly of claim 13, wherein the positioning guide comprise at least one U-shaped arm that extends from the second end of the housing to impinge on at least a portion of the sliding panel.

15 17. The assembly of claim 16, wherein the at least one U-shaped arm abuts at least a portion of a track in which the sliding panel slides.

18. The assembly of claim 1, wherein the insert is cylindrical in shape.

20 19. The assembly of claim 1, wherein the aperture comprises a threaded surface.

20. The assembly of claim 19, wherein the insert comprises a threaded surface compatible with the threaded surface in the housing.

21. The assembly of claim 20, wherein the insert comprises an aperture in one end for 5 threading the insert into the aperture.

22. The assembly of claim 1, wherein the material used to make the assembly comprises plastic.

10 23. An assembly for a sliding panel comprising:

(a) a housing, wherein the housing comprises a chamber comprising a first end and a second end, such that the first end is shaped for insertion into a sliding panel and the second end comprises a threaded aperture, and wherein the housing further comprises at least one guide for positioning the housing in the sliding panel; and

15 (b) a threaded cylindrical button that fits into the aperture on the second end of the housing to extend beyond the surface of the housing.

24. The assembly of claim 23, wherein the positioning guide extends from an external surface of the housing to abut a portion of the sliding panel.

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25. The assembly of claim 23, wherein the positioning guide comprises a flat planar surface that extends from the housing in a direction that is perpendicular to the length of the aperture in the housing chamber.

26. The assembly of claim 23, wherein the positioning guide comprises a surface that is substantially concentric with the body of the housing and that exerts an outward force from the housing to impinge on at least a portion of the sliding panel.

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27. The assembly of claim 23, wherein the positioning guide comprises at least one U-shaped arm that extends from the second end of the housing to impinge on at least a portion of the sliding panel.

10 28. An article of manufacture comprising a sliding panel having at least one adjustable assembly to facilitate sliding the panel at least partially within a frame surrounding the panel, wherein the adjustable assembly comprises: (a) a housing comprising a chamber having a first end and a second end, such that the first end is shaped for insertion into the sliding panel and the second end comprises an aperture, and
15 further comprising at least one guide for positioning the housing in the sliding panel; and (b) an insert that fits into the aperture on the second end of the housing to extend beyond the surface of the housing.

29. The article of manufacture of claim 28, wherein the sliding panel comprises a
20 window.

30. The article of manufacture of claim 28, wherein the sliding panel comprises a door.

31. The article of manufacture of claim 28, wherein the first end of the housing is positioned at a preset distance from the second end of the housing such that when the housing is inserted into the sliding panel, the first end of the housing abuts at least a 5 portion of the sliding panel.
32. The article of manufacture of claim 28, wherein the positioning guide extends from an external surface of the housing to abut a portion of the sliding panel.
- 10 33. The article of manufacture of claim 28, wherein the positioning guide comprises a flat planar surface that extends from the housing in a direction that is perpendicular to the length of the housing body.
- 15 34. The article of manufacture of claim 28, wherein the positioning guide comprises a surface that is substantially concentric with the body of the housing and that exerts an outward force from the housing to impinge on at least a portion of the sliding panel.
- 20 35. The article of manufacture of claim 28, wherein the positioning guide comprises at least one U-shaped arm that extends from the second end of the housing to impinge on at least a portion of the sliding panel.
36. The article of manufacture of claim 28, where the insert is cylindrical in shape.

37. The article of manufacture of claim 28, wherein the aperture comprises a threaded surface.

38. The article of manufacture of claim 37, wherein the insert comprises a threaded 5 surface compatible with the threaded surface in the housing.

39. A method for making a sliding panel having an adjustable vertical positioning comprising fitting the panel with a housing having an insert that may be adjusted to extend from the housing to abut a surface on which the panel slides.

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40. The method of claim 39 comprising the steps of:

(a) fitting the sliding panel with an adjustable sliding assembly comprising a housing, wherein the housing comprises: (i) a chamber having a first end and a second end such that the first end is shaped for insertion into a sliding panel and the second end 15 comprises an aperture; and (ii) at least one guide for positioning the housing in the sliding panel;

(b) positioning at least one insert in the aperture on the second end of the housing to extend beyond the surface of the housing and the panel; and

(c) adjusting the height of the sliding panel as it is positioned in a frame by 20 adjusting the distance that the at least one insert extends from the aperture in the housing aperture.